

IF YOU HAVE EXPERIENCED CHILD ABUSE

Tell someone you trust. Keep telling people you trust until someone believes you and supports you.

You can tell one of our pastors or anyone on our team. We'll believe you and support you to get help. Contact us through office, office@thelakes.org.au or 07 4032 4411.

If you are under 18 you can call **Kids Help Line** on 1800 55 1800 or chat online at www.kidshelpline.com.au

If you are over 18 you can call **Lifeline** on 13 11 14 or chat online at www.lifeline.org.au

You can call the **police** if you are in immediate danger (000), or anytime (131 444).

You can report the abuse to **Child Protection** authorities by calling 1300 684 062.

IF YOU HAVE EXPERIENCED DOMESTIC VIOLENCE

Tell someone you trust. Keep telling people you trust until someone believes you and supports you.

You can tell one of our pastors or anyone on our team. We'll believe you and support you to get help. Contact us through office, office@thelakes.org.au or 07 4032 4411.

You can call **1800 RESPECT** on 1800 737 732 or find help at www.1800respect.org.au

You can call **Lifeline** on 13 11 14 or chat online at www.lifeline.org.au

You can call **Cairns DV Support** (www.dvcairns.org) on 07 40336100.

You can call the **police** if you are in immediate danger (000), or anytime (131 444).

For the safety of children, you can contact **Child Protection** on 1300 684 062.

IF YOU HAVE STRUGGLES WITH YOUR MENTAL HEALTH

Tell someone you trust. Keep telling people you trust until someone believes you and supports you.

You can tell one of our pastors or anyone on our team. We'll believe you and support you to get help. Contact us through office, office@thelakes.org.au or 07 4032 4411.

You can visit your **doctor (GP)**. Doctors are trained and skilled in helping you navigate your mental health. Medication is one option that can be very helpful.

You can spend time with a **counsellor**. On the back of this page are some options.

If you are under 18 you can call **Kids Help Line** on 1800 55 1800 or chat online at www.kidshelpline.com.au

If you are over 18 you can call **Lifeline** on 13 11 14 or chat online at www.lifeline.org.au

If someone's **life is in danger**, call 000.

For a mental health assessment, call the **Cairns Acute Care Team** on 07 4226 3100.

ONGOING SUPPORT FOR ANY SITUATION

The suggestions on the other side of this page are very important, especially in the early stages. As you do those things, you may need additional prayer support or professional counselling support. We can help you with those things.

PRAYER SUPPORT

Sometimes it helps to have someone pray specifically with you about what's happened.

The Lakes Church team

Members of our staff team at The Lakes Church are experienced in prayer, dealing with difficult things that might be going on. There is no cost for this. Contact the office to make an appointment, office@thelakes.org.au or 07 4032 4411.

Pastoral Leaders

The Pastoral Leaders are our elders and are available to pray for anyone in the church. There is no cost for this. Contact the office to make an appointment, office@thelakes.org.au or 07 4032 4411.

Cairns Healing Rooms

The Healing Rooms are a great, neutral place to go when you are seeking healing or a spiritual breakthrough in your life. You will be prayed for in a non-denominational setting by Christians with healing, prophetic or discernment gifts, who have been trained in safe and responsible prayer and healing. Hours & Cairns location at healingrooms.com. No cost, but donations are accepted.

COUNSELLING SUPPORT

We can recommend a few different counsellors. We don't want the cost of professional counselling to be a barrier to you. If you're worried about the cost, we have subsidies available. Just contact us and ask about a counselling subsidy on 07 4032 4411 or office@thelakes.org.au.

Liz Jenkins - Life Speak Counselling

Liz counsels from our rooms at the church. Liz uses the Living Wisdom counselling model as well as other models where appropriate. 0403 505 777 or lifespeakcounselling@gmail.com

Jo Koskela - Living Wisdom

Jo is a highly experienced counsellor based in Brisbane who has worked with our church many times. Jo is available for counselling by phone or Skype. www.livingwisdom.com.au

Peter Funke - Living Wisdom

Peter is based in South East QLD, and is available for counselling by phone or Skype. libertycounsellingandtraining.com